

REVIEW ON STREEROGA W.S.R. TO YONIVYAPAD AND THEIR MANAGEMENT THROUGH AYURVEDA

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Article Received on 11/05/2021

Article Revised on 02/06/2021

Article Accepted on 23/06/2021

ABSTRACT

The development of human civilization witnessed specific place of women in society, even *Vedic* literature considered prime interest on health of women. The health of women not only important for her life but healthy women can make healthy society. Therefore medical science categorized specific disorders related to female health only as gynecological disorders and Ayurveda termed them *Streeroga*. There are many types of *Streeroga* including *Yonivyapada* and Ayurveda described specific treatment for particular types of *Yonivyapada*. As per Ayurveda *Vatiki Udavarta Vatiki, Acarana Vandhya Aticarana, Prakcarana Paripluta Udavrta, Putraghni Antarmukhi, Sucimukhi Suska, Sandhiyoni Sandi* and *Mahayoni*, etc. are some *Yonivyapada* which mainly possess symptoms of *Sthamba, Piplika, Svedana, Toda, Karkashta* and *Supti*, etc. The present scenario of sedentary life style increases prevalence of such diseases therefore it is required to explore this area to restore health of women especially belongs from reproductive age groups. Considering this fact here we presented Ayurveda view on *Streeroga W.S.R. to Yonivyapad* and their management.

KEYWORDS: Ayurveda, Streeroga, Yonivyapad, Gynecological Disorders.

INTRODUCTION

The *Yonivyapad* mainly arises due to the vitiation of *Vata* thus *Vatika Yonivyapad* is very common, the indulgence in regimens which can cause aggravation of *Vayu/Vata* then this vitiated *Vayu* can obstruct reproductive organs of females leading to the cardinal symptoms of *Vata* vitiation i.e; *Vedana, Toda, Karkashta, Stambha, Supti* and *Aayasa*. The continuous

persistent of such conditions leads consequences of *Yonivyapad*.^[1-5]

The major causes of *Yoni Vyapat* as per modern science are; abnormal diet and lifestyle, unhygienic conditions of genital organs, hormonal changes, disturbed menstrual cycle, defect in ovum, genetic factors, excessive coitus and injury, etc. The major *Nidana* of *Yoni Vyapat* as per Ayurveda are depicted in **Figure 1**.

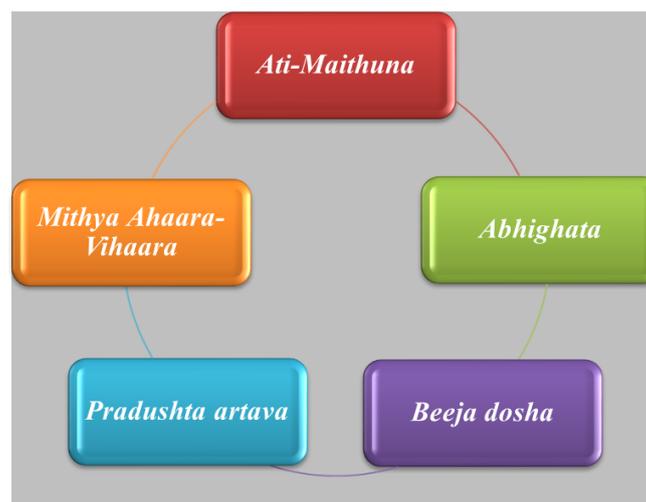


Figure 1: Major causes of Yoni Vyapat as per Ayurveda.

As per Ayurveda and modern science the common symptoms of *Yonivyapad* are; *Toda* means pricking pain in the vagina, *Vedana* (pain in genital system), *Pipeelika srupitim iva* (feeling of insect creeping in afflicted area), *Karkashataam* (roughness), *Stambham* (stiffness), *Suptim* (numbness), *Bhramsha* (displacement of vagina and genital organs mainly uterus), *Parshva vyatha* (pain in flanks region) and *Aayama* (stretching).^[3-6]

Acarana Yoni Roga

The improper hygiene of genital tract causes *Kandu*, the long term conditions leads *Acarana*. Itching and irritability are common symptoms of this condition.

Aticarana Yoni Roga

The condition mainly persisted symptoms of *Ruja*, *Shopha* and *Supti* in genital tract due to the excessive sexual intercourse which causes aggravation of *Vayu*.

Prakcarana Yoni-Roga

Prakcarana occurs when female get involved in sexual intercourse before age of maturity due to which aggravation of *Vayu* occurs in genital organs which resulted *Vedana* in *Uru*, *Prishtha* and *Kati Pradesha*.

Antarmukhi Yoni-Roga

Improper posture of sexual intercourse and aggravation of *Vayu* by food can cause cervix distortion which results *Toda* & *Vedana* finally make *Maithuna* intolerable and this condition of *Yoni* is called *Antarmukhi Yoni-Roga*.

Sucimukhi Yoni-Roga:

Indulgence in *Ruksha Aahara-Vihara* by a pregnant woman imparts *Vayu* aggravation; in this condition *Yoni* of female becomes narrow in opening due to the unctuousness behavior of aggravated *Vayu* and presence of fetus, this condition of *Yoni* termed as *Sucimukhi Yoni-Roga*.

Putraghni Yoni-Roga

Dusta Artava along with vitiated *Vayu* destroys *Garbha* then this ailment called *Putraghni*.

Suska Yoni- Roga

The suppression of natural urges accumulates *Vayu* which obstruct *Mala* and *Mutra Marga*, due to this dryness of the *Yoni* occurs, this condition termed as *Yoni Mukha Shoshana*.

Mahayoni

Vishama posture during sleep, improper and excessive sexual intercourse can causes dilatation of the openings of uterus and vagina. *Vedana*, *Ruksha* and *Phena Srava* of *Rakta* occur from *Yoni Mukha*.

General Ayurveda Treatment of Yoni Vyapad:

1. Pacification of *Vata* using herbs and formulations.
2. Massage and application of *Pichu* (tampons).
3. *Traivrata Sneha* oleation along with *ghee*.

4. Medicated enema/*Basti*; *Anuvasana Basti* i.e. enema with *Traivruta sneha*, *Uttara Basti* i.e. uterine instillation of enema.
5. Uses of milk prepared with *Dashamula* for oral consumption.
6. Good conduction of daily and dietary regimen along with avoidance of causative factors.

The general approach of Ayurveda to treat genital disorders based on the principle of *Vata* pacification, strengthening of genital organs and regularization of menstrual cycle, etc. The oil of *Ushna* and *Snigdha* can be used for massage and tampons purpose to relieve common symptoms of *Yonivyapad*. *Tampon of Guduchayaditail* and *Rasnaditaila* offers beneficial role, similarly paste of *Himsrha* can also be used for local application. Ayurveda advocated *Kasmaryadighrita* and *Satawaryadighrita* for *Ghritapan* purpose in *Yoni-Roga* and formulation like *Vrsakadichurna* can be recommended for reliving chronic pathogenesis of *Yoni-Roga*.^[7-10]

Specific Approaches for Particular Types of Yonivyapad

1. Management of Phalini Yonivyapad

It is *Tridoshaj Vikara* disease that is incurable thus controlling of *Dosha* and avoidance of excessive sexual intercourse especially before age of maturity advocated to prevent such types of condition.

2. Management of Prasramsini Yonivyapad

Prasramsini yonivyapad occurs due to the vitiated *Pitta* & *Vata* in which displacement of genital organs occur. The treatment approaches involves massage, local douching, irrigation and tampons of *Sheeta Dravyas*. The therapy works to pacify *Pitta* and *Vata* therefore oleation, *Basti* with the milk & *Madhura*, paste of *Panchawalkala*, oral administration of *Ghrita* and *Phalaghrita* may be advised to treat *Prasramsini yonivyapad*.

3. Management of Mahayoni

The principle of treatment of *Mahayoni* works around to suppress *Vata*, lubrication and sudation can be used here; the vagina should be pulled down by hand which placed upward abnormally. *Anuvasana Basti* and *UttarBasti* with *Trivritasneha* may be used for such types of condition. Sudation with milk and paste of *Dashmula* are useful in case of *Mahayoni*.

4. Management of Rakta Yoni

Rakta Yoni requires utilization of *Dosha* balancing medicines which maintain overall haemostatic condition of body. *Yoga* containing *Tila*, *Phanita* and *Ghee*, etc. can be used for *Rakta Yoni*. Soup of fatty meat, *Kulattha*, honey, *Yasti Madhu* and *Nagara* are considered useful. Ayurveda formulation *Pushyanuga Churna* and astringent medicines can also be prescribed.

5. Management of Acharana, Prakcharana and Aticharana

Piece of silk cloth impregnated with cows bile should be inserted into vaginal tract, yeast powder mixed with honey can also be used for same purpose. These therapies cleans genital tract, removes itching, and reduces edema and inflammation. *Prakcharana* also play vital role towards the management of *Aticharana* and *Prakcharana*, in this regards uses of *Asthapana* and *Anuvasana Basti* advised with medicated oil and *Vata* balancing medicines. *Swedana* and *Upanaha* prepared with drugs also alleviate *Vayu* thus relieves disease symptoms.

CONCLUSION

Mahayoni, *Sucivakra*, *Antermukhi*, *Upapluta* and *Prakcharana*, etc. are some examples of *Yonivyapad* which mainly occurs due to the vitiation of *Vata* and *Pitta*, however *Vataja Yoni vyapad* are more prevalent. The common symptoms of *Yonivyapad* are; *Toda* (pricking pain), *Pipeelika sruptim iva* (creeping feeling), *Karkashataam* (roughness), *Stambham* (stiffness), *Bhramsha* (displacement), *Suptim* (numbness) and *Aayama* (stretching). The major causes of *Yoni Vyapat* are awful dietary and daily regimen, unhygienic conditions, hormonal disturbance, menstrual abnormality, genetic factors and improper or excessive sexual intercourse, etc. Ayurveda mentioned various therapeutic options for the management of *Yonivyapad* i.e. pacification of *Vata* using natural medicines like *Dashamula*, application of massage therapy, uses of *Pichu*, oleation therapy, *Anuvasana Basti*, *Uttara Basti*, good conduction of daily and dietary routine and avoidance of causative factors, etc. Ayurveda not only provides ways to treat *Yonivyapad* but provides various principles which help to prevent pathological progression of such gynecological disorders.

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